
REPORT
OF THE
Payne Whitney Psychiatric Clinic
1942



THE SOCIETY OF THE NEW YORK HOSPITAL
525 EAST SIXTY-EIGHTH STREET
NEW YORK, N. Y.

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Assistant Resident Psychiatrists

ROBERT G. HINCKLEY, M.D. JOHN E. HUGHES, M.D.
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Junior Assistant Resident Psychiatrists

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*WILLIAM K. MCKNIGHT, M.D.

Psychologist

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*In Service.

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MELLY SIMON

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FLORENCE EATON, A.B.

Assistant to the Administrator
THEODORE F. CHILDS, A.B.

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ALMA K. ROSE

ANNUAL REPORT

DEPARTMENT OF PSYCHIATRY

To the Board of Governors of The New York Hospital:

GENTLEMEN:

I have the honor of presenting herewith the report of the Department of Psychiatry in New York for the year ending December 31, 1942.

1. IN-PATIENT SERVICE

A high census of patients was maintained throughout the year, the daily average census being 73. Admissions ranged from 13 to 23 per month and, in contrast to previous years, the admission rate was well sustained during the summer months. As a result, the total number of patient days was high (26,598), exceeding by 2,000 the figure for the preceding year. Throughout the year, a total of 296 patients were treated, 226 new patients were admitted, and 221 patients were discharged. At the close of the year, 75 patients were in residence. The ages of the patients varied greatly, there being many adolescents as well as elderly persons. The figures for the number of new patients and the total number of patients treated during the year were lower than in the preceding two years. The explanation lies in the fact that because of the type of patient selected for admission it was found desirable to carry out treatment over a longer period of time. The illnesses requiring this prolonged treatment were psychoneuroses and physical illnesses with psychopathological complications.

In addition to the patients accepted for treatment, we had 122 applications for admission which were rejected. The majority of these had to be refused because no suitable accommodations were available at the time. Thirty-two patients who were accepted did not enter. This number corresponds to that of previous years and is explained by the fact that either the

patients refused to come to the hospital or hospital treatment was not considered indicated. Only a small number (34) were not considered acceptable for our type of hospital and in each case advice and assistance were offered for finding the most suitable hospital accommodations. This type of consultation service, which is time-consuming, is considered an essential part of the duties of the admitting physicians. Once again the majority of patients admitted (148) were referred by physicians in private practice chiefly in New York City. These physicians include general practitioners, and neurologists and psychiatrists as well as other specialists. The majority of our patients were from New York City (123); 45 came from other parts of New York State, and 58 were sent from other states. Fourteen patients were transferred from other in-patient services of The New York Hospital.

A wide range of psychiatric disturbances was studied and treated. One gratifying fact is the steady increase of the number of psychoneurotic patients (44 admissions). This trend indicates the change of attitude of both the public and physicians to treatment in a psychiatric hospital. Another interesting point is that the group of psychopathic personalities admitted was considerably smaller this year than last (18 as compared with 31). No explanation for this observation can be offered at the present time, but it proves unnecessary any concern that the admission of patients suffering from chronic alcoholism and drug addiction will bring in a great many unstable (psychopathic) patients. The policy with regard to such patients was changed three years ago when it was established that any type of psychiatric condition might be considered suitable for admission. The sound principles of psychiatric hospital treatment having been followed carefully, a small number were found suitable and satisfactory results have been obtained (chronic alcoholism—5, drug addiction—2).

The results of our treatment were gratifying. Three-fourths of all our patients (167) left the hospital either improved or recovered. The evaluation of therapeutic results depends to a great extent on the physician's philosophy. The follow-up of former patients is the only method which offers valid results.

An effort is made to keep in contact with former patients and after more time has elapsed, the therapeutic results can be determined. Guided by strict clinical criteria, we can state that 63 patients were either in good health when they left or in a state of convalescence which assured complete recovery in the near future. One hundred and four patients had improved sufficiently to be treated outside the hospital. However, this figure includes patients who left against the staff's advice because they believed themselves well enough to leave. The results of treatment might have been even more striking had these patients continued with therapy. Of the 50 patients transferred to other psychiatric hospitals, 19 were accepted at the Westchester Division of The New York Hospital. Five patients were transferred to the Department of Surgery of The New York Hospital and one patient in the clinic died of a brain tumor.

A steadily increasing number of patients were referred to the clinic for the combined study and treatment of both physical and psychopathological factors. Medical supervision and investigation were active. In 129 patients, examination by the medical consultant was indicated and an additional 101 special consultations were requested. As customary, routine nose and throat examinations (205), eye examinations (179), and gynecological examinations (73) were carried out. A considerable number of surgical problems arose during the year necessitating 75 surgical consultations. The Dental Department examined 155 new patients, most of whom received dental care.

The nursing staff (54 graduate nurses) performed a most difficult task. With many resignations during the year and replacements almost impossible, it was decided to substitute attendants. This arrangement has been successful owing to the most careful selection of applicants and their supervision and training by the Director of Psychiatric Nursing and her staff. By the appointment of twelve attendants it was possible to replace vacancies in the nursing staff, the ratio being three attendants to two graduate nurses. Two volunteer assistants to nurses are giving their services two afternoons a week. They have made a real contribution, helping the nurses in group activities and in the socialization of preoccupied and withdrawn patients.

Seven male nurses and seven female nurses resigned to enter the armed forces. The diminishing of the nursing staff placed a heavy burden on those who remained, but the care of the patients has in no way suffered.

The staff of occupational therapists, consisting of five members, experienced the problem of personnel turnover which is current in other fields, but was fortunate in maintaining its full quota. The department has been an active one with an average daily attendance of 58 patients. In addition, occupational therapists made daily visits to about ten individual patients on the floors because they were not able to attend the workshops. Classes for most of the patients were extended from the usual period of one hour to an hour and a half. The longer periods appear to increase learning opportunities so that projects begun in the Occupational Therapy Department can be continued by the patients on the floors with greater confidence and sense of achievement. Emphasis on various crafts was shifted, either because it seemed psychiatrically desirable or because of the decreased availability of materials under the prevailing conditions. Interest in woodworking, leather crafts, and ceramics increased. Patients participated in sewing projects carried out for the Red Cross and the English Speaking Union. Group projects in which both men and women patients are interested were developed.

The Recreational and Physical Therapy Department, with a staff of three members, had an average attendance of 63 patients daily. The large majority of the patients participated in group activities which were aimed at health building, sportsmanship, cooperativeness, and relaxation. In addition, many patients received individual attention. The social activities centered around lectures, movies, teas, and group singing. The library was frequented by most of the patients. Recent fiction and other books have been available through an arrangement with a circulating library and newspapers and magazines are provided by the hospital.

The Dietary Department worked under the double handicap of reduced personnel and increasing difficulty in procuring food. Although changes were necessary, the same dietary standard

has prevailed. The high number of patients with physical complications necessitated many time-consuming special diets for tests and for treatments.

In spite of the war situation and the reduced staff, the previous high standards of the clinic have in no way diminished. It has been possible to continue the policy of assigning from ten to twelve patients to one physician. Two members of the psychiatric out-patient staff have accepted half-time appointments to take care of in-patients. The study and treatment of patients have been continued as in previous years. A noteworthy addition to the treatment of excited patients has been found in the use of relatively small amounts of insulin which alleviate anxiety and fear. The intravenous administration of sodium amytal has been found helpful in relaxing patients who are unable to express themselves. This treatment is used in mute patients who suffer from schizophrenic or depressive reactions as well as psychoneurotic disorders. Combined general psychiatric and physical treatment has been especially successful in arteriosclerotic disorders. Prolonged intensive psychotherapy was carried out on patients suffering from psychoneurotic disorders and in some of those recovering from schizophrenic and depressive illnesses.

MOVEMENT OF POPULATION SINCE OPENING OF CLINIC

<i>Year</i>	<i>Admissions</i>	<i>Treated During Year</i>	<i>Discharges</i>	<i>Died</i>	<i>Patient Days</i>
1932.....	67	67	27	1
1933.....	188	230	166	1	19,151
1934.....	184	248	185	3	22,436
1935.....	235	298	228	6	22,137
1936.....	283	353	277	6	22,708
1937.....	266	342	284	2	23,026
1938.....	267	325	249	3	23,738
1939.....	216	292	213	3	25,575
1940.....	267	346	268	4	24,912
1941.....	264	342	272	1	24,509
1942.....	226	296	221	1	26,598

2. OUT-PATIENT SERVICE

The main policies have been continued in this department; namely, offering treatment to a selected group of ambulatory patients and including the psychiatric activities in the other out-patient services of The New York Hospital as part of the Payne Whitney Psychiatric Out-Patient Department. The loss of staff members to the armed services curtailed activities. Even so, it was considered unwise to change the type of treatment offered as this department is one of the few in New York which offers psychiatric treatment to ambulatory patients of the lower income group. It has been possible to make increased use of social workers in the adjustment of patients. This assistance somewhat offset the loss of physicians.

Psychiatric treatment was given to 1,301 patients in 6,652 visits in the Psychiatric and other Out-Patient Departments of The New York Hospital. This group consisted of 728 adult patients and 246 children treated in the Payne Whitney Out-Patient Department, 201 adult patients in the Medical Out-Patient Department, and 126 children in the Pediatric Out-Patient Department. Of the 974 patients treated in the Payne Whitney Out-Patient Department, the large majority (629) were new admissions, 281 adults and 64 children having been carried in treatment from the previous year. All of the patients in the Pediatric and Medical Out-Patient Departments were new patients. Although the largest number of patients treated in the Payne Whitney Out-Patient Department were referred from the general hospital (264 or 37 percent of the adults and 144 or 58 percent of the children), a satisfactory number were accepted from physicians in private practice (94 patients or 10 percent of the total). The remainder (127 patients or 13 percent) were referred by medical organizations, social agencies, schools or friends.

As Consulting Psychiatrist to the Selective Service System, Dr. George W. Henry examined those men who showed evidence of psychosexual maladjustment. In addition to these diagnostic interviews, men with such difficulties who returned to civilian life were seen for psychiatric investigation and aid in their social adjustment. In all, Dr. Henry and his aide held 1,008 interviews.

3. SOCIAL SERVICE DEPARTMENT

This year it was possible to pay more attention to the needs of the adult out-patient department since the case load of children was less because of the reduced staff in child psychiatry. The outstanding trend in the social problems of adults was a decrease of requests for financial aid with an increased need for the adjustment of older people to new types of work, their accustomed work having been discontinued because of the war economy.

For several years, the Department of Psychiatry has contributed toward sending children to camp during the summer vacation. The excellent results have justified this expenditure. Just as some of the aggressive children became less so, the withdrawn and shy children showed more initiative and courage in playing with others. Thus, the camp demonstrates to the physician to what extent undesirable personality traits may become modified through treatment, making a better social adjustment possible. In several patients, the camp situation revealed a sicker child than at first appeared, thus indicating the necessity for a change in treatment.

An increased number of patients have been referred from the in-patient department. In some, it was necessary to offer assistance in the form of advising possibilities for suitable recreation and desirable types of employment when they returned to their former activities in the community. In others, it was possible to give help for needs which had arisen during the hospital stay.

A total number of 722 patients received aid, including 414 adults and 308 children in the Payne Whitney Out-Patient Department and 36 adults and 1 child in the In-Patient Department. Of all the adult out-patients 44 percent and of all the children 76 percent were referred to the social workers. The amount of work required is illustrated by the fact that 4,290 interviews were necessary. This number includes 802 interviews with patients, 954 with relatives, 178 conferences with agencies and 1,379 with physicians. Three hundred forty-three agencies were used in 2,264 contacts and 220 visits were paid to patients in

their homes or to outside agencies. The In-Patient Department referred 37 patients, necessitating 153 interviews with patients and psychiatrists. During the summer months, 33 children were sent to camp.

During the year, one advanced student of the New York School of Social Work received training.

4. *PSYCHIATRIC SERVICE TO THE GENERAL HOSPITAL*

It was possible to continue to offer the services of a full-time attending psychiatrist, but because of the curtailment of the resident staff, none of the resident psychiatrists was assigned to the general hospital. This limitation of the staff imposed upon the psychiatrist the task of determining what his most essential functions should be. Obviously, time-consuming intensive psychotherapy is impossible and the help of social workers may have to be requested more frequently than previously. The resident staff in the general hospital, although working in greatly reduced numbers, not only continued to ask for help but remained actively interested in psychotherapy. The main difficulty arose in offering treatment to those patients who are in need of further psychiatric treatment after discharge from the hospital. The Psychiatric Out-Patient Department can take care of only a limited number of patients who may have to wait until they can be accepted for prolonged treatment. Thus far, the accommodations have been sufficient.

The figures for patients who were examined and treated were slightly higher than last year. In 1,156 visits, 472 patients were studied. This total includes 684 revisits which were spent in treatment. In the medical pavilions, 253 patients were seen requiring 601 visits. The relatively high number of consultation requests from the Departments of Surgery and Obstetrics and Gynecology which was noted in the last report continued this year. In the Department of Pediatrics, 83 children were studied and treated in 259 visits by a full-time consultant. In addition, 53 of these children required a total of 68 psychometric tests which were administered by the psychologist.

5. EDUCATIONAL AND INVESTIGATIVE ACTIVITIES

Education

The accelerated teaching program of Cornell University Medical College placed additional burden on an increasingly limited academic staff but did not affect the undergraduate training. In order to offer opportunities for out-patient teaching, it was necessary to keep the Psychiatric Out-Patient Department open all summer, whereas in past years it was closed during the month of August. As in previous years, much of the psychiatric teaching was carried out in the In- and Out-Patient Departments of the general hospital. Dr. John H. Travis, Superintendent of the Manhattan State Hospital, again offered the excellent teaching facilities of that hospital.

Graduate training was not restricted for the resident staff, but it was impossible to fill all the vacancies. The Commonwealth Fund offered an appropriation for fellowships which would allow the broader program of resident education mentioned as an urgent need in last year's report. It is highly improbable that this important educational program can be put in effect before the end of the war.

Through the appointment of Dr. Emil Oberholzer, it became possible to offer a course in the use of the Rorschach test. It is hoped that psychological and psychopathological research work with the aid of the Rorschach test can be started soon.

It was not possible to fill the current Commonwealth Fellowships for training in child psychiatry. Dr. Roberta Crutcher finished her training as child psychiatrist and Dr. Kent A. Zimmerman is continuing his second year's training as pediatrician in child psychiatry. An additional Commonwealth fellow, Dr. Robert G. Hinckley, Assistant Professor of Medicine (Neurology and Psychiatry) at the University of Minnesota Medical School, was assigned to the In-Patient Department for a year to study methods of examination and treatment. Dr. Reynold A. Jensen, Assistant Professor of Psychiatry and Pediatrics at the University of Minnesota Medical School, spent two months in the child psychiatry division under a Commonwealth Fund grant.

The undergraduate teaching of nurses continued without change.

Psychopathology The main psychopathologic investigations were continued in the field of emotions, especially anxiety. Further studies of the influence of anxiety on memory and attention demonstrated that the memory defects of aging and arteriosclerotic patients are frequently greatly increased by anxiety and can be improved considerably by psychiatric treatment. In younger patients, anxiety affects attention and concentration. Special experiments have been planned to study the influence of this emotion on vision. The relationship of emotions and blood circulation as it affects the size of the finger tip was studied jointly with members of the Department of Clinical Physiology of the Rockefeller Institute for Medical Research. The method of measuring the finger tip employs a quantitative pneumoplethysmograph. The changes in the size of the finger are dependent on changes in the local blood volume, and this in turn is dependent upon variations in the tone of the sympathetic nervous system. The pattern of variations in the volume of the finger tip can thus be used as an index of sympathetic nervous system activity. Clinical investigations were directed to determining the role of anxiety and resentment in various types of excitement, and the therapeutic effectiveness of small amounts of insulin. The results have been most encouraging. A study of the records increased our knowledge of manic-depressive reactions in the age period after 40. The system of indexing all psychopathological reactions as found in our patients has progressed and will soon reach the stage for publication.

Psychology The need for psychometric testing in our patients, including all age groups from infancy to old age and mild as well as very disturbing psychiatric disorders, offers an opportunity to test the validity of current methods. This critical evaluation of various standardized tests and their application to psychopathological conditions is yielding fruitful results. Animal experiments have been continued to study learning under the influence of phenobarbital. Other investigations were directed toward determining the results of transient freezing temperatures on psychological functions.

In the Nursery School the study of anxiety and fear in young children has been continued. A survey of 40 children's records with the aim of reporting and analyzing children's dreams has been made. Recently a study has been initiated for determining the role of psychological factors in children who have repeated colds.

*Internal Medical
Laboratory
Division*

Combined physiological and psychiatric studies by Dr. Ade T. Milhorat and members of the psychiatric staff were directed to an investigation of the mechanisms which are present when somatic changes occur in certain emotional states. All this research work was done jointly with the Department of Medicine and the Russell Sage Institute of Pathology in the Department of Physiology. It was possible to demonstrate the presence of a substance of cholinergic and adrenergic properties in the blood of patients showing intensive emotional reactions. A broad study of temperature regulation and fever in patients with muscular overactivity of psychogenic origin was started. This work includes research in heat production and elimination and their alterations in psychiatric disorders. Metabolic and biochemical studies in inanition are progressing. The role of serum electrolytes in various disturbances of muscular function is under consideration. Hormonal studies are continued in young women suffering from amenorrhea which is due to emotional factors.

*Neurological
Laboratory
Division*

Under the direction of Dr. Harold G. Wolff, clinical and experimental studies in the fields of neurology and psychobiology were continued. These studies deal with the mechanisms in pain, migraine, and gastrointestinal functions. Investigations were carried out with regard to prediction, treatment, and prevention of peptic ulcer and other psychosomatic disorders of the gastrointestinal tract occurring in men in military service. Other projects dealt with investigations of sex hormones.

Library The war situation has not only prevented the importation of foreign publications except from Great Britain and Switzerland, but has also curtailed medical publications in this country. Sixty-two volumes and 58 bound periodicals have been added and the library now consists of 2,139 single volumes and 1,802 bound periodicals. It has again been possible to add some valuable books to the historical collection.

Addresses and Publications A clinical symposium on depression was presented by Drs. Francis J. Hamilton, Herbert S. Ripley, and Fred V. Rockwell at the March meeting of the New York Society for Clinical Psychiatry held at the Payne Whitney Psychiatric Clinic. Papers were read by Dr. J. Louise Despert before the New York Society for Child Psychiatry, the Child Guidance Bureau of the New York Board of Education, and the National Association for Nursery Education; by Dr. Oskar Diethelm before the New York Neurological Society and at a psychiatric meeting at the University of Michigan; by Dr. Mabel Huschka before the New York Psychoanalytic Society and the Medical Society of the County of Queens, Inc.; by Dr. Marshall R. Jones before the Eastern Psychological Association and the American Psychological Association; By Dr. Ade T. Milhorat before the American Institute of Nutrition, the Medical Society of the State of New York, the New York Psychiatric Society, and the American Society for Clinical Investigation; by Dr. Donald J. Simons before the Association for Research in Nervous and Mental Disease; and by Dr. Harold G. Wolff before the American Neurological Association and the Association for Research in Nervous and Mental Disease. Drs. Charles Bohnengel, J. Louise Despert, Oskar Diethelm, Ade T. Milhorat, Herbert S. Ripley, and Fred V. Rockwell presented papers before the American Psychiatric Association. At various sessions of the Annual Graduate Fortnight of the New York Academy of Medicine Drs. Phyllis Greenacre, Thomas A. C. Rennie, and Harold G. Wolff gave lectures.

A list of the publications may be found at the end of this report.

*Change in the
Medical Staff*

The greatest change was owing to the large number of physicians who joined the armed forces. Drs. William H. Dunn and Herbert S. Ripley left with The New York Hospital Unit; Drs. Emir A. Gaw, George H. Gerow, Francis J. Hamilton, and William T. Lhamon joined the United States Navy; and Drs. Edward F. Falsey, George C. McDaniel, and Howard L. Werner the United States Army. Dr. H. Edward Beaghler left to assume a position in defense work. Dr. James G. Healey was forced to resign because of ill health. Dr. Kurt Lindstrom accepted a position in a private hospital in California.

*Financial
Comment*

The income of the department was sufficient for current expenses. Additional support from various foundations and from a former patient made the educational and investigative work possible. The Commonwealth Fund again supported the graduate teaching program in pediatrics and offered two one-year fellowships to psychiatrists and one two-year fellowship to a pediatrician for training in child psychiatry. Two three-year fellowships for training on the resident staff of the Payne Whitney Psychiatric Clinic were also offered. The John and Mary R. Markle Foundation supported research work. The greatest need for financial support is for the opening of the planned psychosomatic floor and research work in the Nursery School.

It is my privilege to express here high recognition for the work of the medical and nursing staffs and the members of the personnel. Close cooperation with the other departments of The New York Hospital and Cornell University Medical College continued. The administrative officers of The New York Hospital have been of valuable assistance.

As in the past, the members of the Payne Whitney Psychiatric Committee have given much of their time to the problems of the department. I wish to take this opportunity to express my sincere gratitude.

Respectfully submitted,

OSKAR DIETHELM, M.D.
Psychiatrist-in-Chief

LIST OF PUBLICATIONS

- DESPERT, J. LOUISE: Preliminary Report on Children's Reactions to the War. New York, Josiah Macy, Jr. Foundation, 1942.
- DESPERT, J. LOUISE: Prophylactic Aspect of Schizophrenia in Childhood. *Nervous Child*, 1942, 1, 199-231.
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- MILHORAT, ADE T.: Treatment of Diseases of Muscle. *New York State Journal of Medicine*, 1942, 42, 2210-2214.
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